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OREGON STATE OFFICE**

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**FALL PROTECTION PROGRAM**

OR/WA Supplement to BLM Manual Handbook 1112-1  
Safety and Health Management

**October 2003  
Oregon State Office**

# FALL PROTECTION PROGRAM

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## 15.1.1-1 Policy Statement

The Oregon/Washington (OR/WA) Bureau of Land Management (BLM) is committed to providing a safe and healthful work environment for all employees. The agency has many safe work procedures (administrative and engineering controls) in place which reduce employee exposure to fall hazards on the job. These may include the use of guardrails, toe boards, safety nets, warning lines, covers, and various travel restriction systems such as barriers and fences. However, when these types of controls are neither feasible nor practical to fully protect employees during such work as minor construction or maintenance projects, a personal fall protection system should be employed to prevent injuries from falls.

Occupational Safety and Health Administration/Act (OSHA) construction guidelines state that employees should not perform any duties which require them to work closer than six feet to an unprotected edge, platform or walkway of any building; nor, to utilize any elevated equipment unless they are properly protected from falling six feet or more by the use of guardrail systems, safety net systems, barricades, a personal fall arrest system, or other appropriate types of fall protection systems. Employees must also exercise caution when working near any opening when that opening is elevated six feet or more above a walking/working surface. Additional guidelines exist regarding structural integrity of all elevated walking/working work surfaces as well as for employee protection from falling objects.

This Fall Protection Program provides broad, general guidance in an effort to minimize employee exposure to hazards in the work place in accordance with OSHA General Industry Standards - 29 CFR 1910.132 Subpart I – *Personal Protective Equipment*, and, with OSHA Standards for Construction - 29 CFR 1926.500 Subpart M - *Fall Protection*.<sup>1</sup>

## 15.1.2-2 Purpose and General Information

In the construction industry, falls are the leading cause of worker fatalities. Each year, on average, between 150 and 200 employees are killed and more than 100,000 are injured as a result of falls at construction sites. Many serious injuries occur from falls of only a few feet.

Construction sites, however, are not the only areas that pose serious fall hazards. Some other areas and work activities where fall protection may be required to prevent employee injuries include ramps, runways and other walkways; excavations and holes, hoist areas, formwork, reinforcing steel and leading edge work, unprotected sides and edges in work zones, overhand bricklaying or roofing work, precast concrete erection, wall openings, and many other general walking/working surfaces. Virtually all BLM work sites can pose various fall hazards, regardless of the type of work performed or the number of employees stationed at the site.

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<sup>1</sup> All Federal employees are covered by the OSHA General Industry Standard 29CFR 1910, specifically Part 1960 – Basic Program Elements for Federal Employee Occupational Safety and Health Programs.



Slips, trips and falls consistently constitute the majority of general industry accidents. Statistics indicate that these incidents cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.

The OSHA standard for walking and working surfaces [29 CFR 1910.21-33 - Subpart D] applies to all permanent places of employment, except where domestic, mining, or agricultural work is performed. The most frequently cited OSHA standard usually involves “improper guarding of open sided floors or platforms.” [Reference 29 CFR 1910.23 *Guarding Floor and Wall Opening and Holes*]

Workplace accidents involving falls are generally complex events involving a variety of factors. Working on and around stairways and ladders are major sources of injuries and fatalities among construction workers and many of the injuries are serious enough to require time off the job. OSHA rules apply to all stairways and ladders used in construction, alteration, repair, painting, decorating, and demolition of worksites covered under the construction safety and health standards.

Consider how often ladders are used during the work day. Ladders are indispensable tools and are used on virtually every BLM worksite. Employees tend to take them for granted as they are used so frequently to accomplish daily work tasks. Ladders are simply built and easy to use, but they are not always user friendly. Each year in Oregon about 500 workers are seriously injured because they fell from a ladder. Employees who fall from ladders are usually less than 10 feet above the base of the ladder support. Most of these falls involve portable ladders that move, tilt, or shift while an employee is climbing or descending. Unstable or slippery base surfaces are the primary reasons ladders fall over. Other reasons for ladder falls include: a misplaced step or a slip of the foot, loss of balance, over reaching, carrying equipment and tools while climbing a ladder,<sup>2</sup> and the ladder being struck by a vehicle or other object. [Reference Section 15.1.6-6 *Ladders*]

The OSHA standard for fall protection deals with both the human and equipment-related issues in protecting workers from fall hazards. This program provides general guidance regarding fall protection systems and is intended to protect employees from falling off, into or through working levels and to protect them from being struck by falling objects.

### 15.1.3-3 Scope

Federal OSHA regulations and this Fall Protection Program covers all employees at all times *except* when an employee is inspecting, investigating, or assessing workplace conditions prior to the actual start of work or after all work has been completed [e.g., when an employee is inspecting a roofing project, that employee is not required to wear the fall protection gear worn by the employees who perform the work].

A uniform threshold height of **6 feet** [for construction activities under 29 CFR 1926 – Construction Standards] is set, thereby providing consistent employee protection. These standards state that employees must be protected from fall hazards and falling objects whenever

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<sup>2</sup> Climbing ladders while carrying equipment or tools is recognized as a poor management practice and is prohibited by BLM employees.



they are **6 feet or more above** the ground or a lower level when performing various types of general construction activities. Protection also must be provided for employees who are exposed to the hazard of falling into dangerous equipment on the work site. [For additional information, see the **Reference** Section]

OSHA regulations stated in the 29 CFR 1910 - General Industry Standards Subpart D – Walking and Working Surfaces defines covering and guarding requirements for floor and wall openings and holes as well as protection on open-sided floors, platforms, and runways. This requirement uses **4 feet** as the uniform threshold height. Guarding is usually provided by a standard railing as well as toe boards where necessary.

OSHA construction standards also contain specific regulations for stairways, ladders, and the use of scaffolding on worksites.

Both sections [29 CFR 1910 and 1926] require that all fall protection measures are compatible with the type of work being performed. Generally, fall protection can be provided through the use of the fall protection systems described in Section 15.1.4-4.

OR/WA districts may use this program as a template to create a Fall Protection Program specific to site needs. District policies must meet the minimum requirements of OSHA and this program.



#### 15.1.4-4 Fall Protection Systems

Fall protection is a concept that describes the systems, processes, procedures, equipment and regulations used to protect employees from falls and to reduce the risk of falling. All fall protection systems serve one of two basic functions: they *prevent*, or, *restrain* an employee from falling. In other words, they safely stop an employee from falling, or arrest (stop) an employee who does fall. There are six basic fall protection systems.<sup>3</sup>

- Guardrail Systems
- Safety Net Systems
- Personal Fall Arrest Systems

These three systems are conventional fall protection systems. They have the widest range of applications and satisfy protection requirements for most tasks that expose employees to fall hazards.

Guardrail systems are restraint systems with vertical barriers consisting of top rails, mid rails, and intermediate structural members such as balusters. These systems prevent employees from falling and keep objects from dropping to lower levels. Some common application examples are:

- Dangerous equipment, when a floor, roof, or other walking/working surface is less than six feet above dangerous equipment; or, when working surface is six feet or more above the dangerous equipment
- Falling objects
- Holes
- Ramps, runways, and other walkways
- Roofing operations, low-sloped roofs
- Unprotected sides and edges of walking and working surfaces [General Industry Standard of four (4) feet]

Safety net systems generally consist of mesh nets of various types. General application examples include:

- Dangerous equipment
- Leading edge construction work
- Roofing operations on low-sloped roofs; and, on roofs with slopes greater than 4 in 12 (vertical to horizontal)
- Unprotected sides and edges of walking and working surfaces
- Wall openings

Personal fall arrest systems are designed to be used by one person. Basically, they consist of an anchorage, connectors, and a body harness. Additional components include a lanyard, a deceleration device, and a lifeline. A few application examples are:

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<sup>3</sup> See the **Definitions** section for additional explanation regarding basic fall protection system elements.



- Dangerous equipment
- Hoist areas of walking and working surfaces
- Holes
- Roofing operations, low-sloped roofs and roofs with slopes greater than 4 in 12
- Unprotected sides and edges of walking and working surfaces
- Wall openings

The three remaining fall protection systems have more specialized applications.

- Positioning Device Systems
- Warning Line Systems
- Safety Monitoring Systems

Positioning device systems are intended primarily to protect construction workers doing formwork and reinforcing steel work. This type of system enables an employee to work with both hands free on a surface such as a wall or other vertical structure.

The two systems listed below have specific applications for roofing operations on low-slope roofs.

Warning line systems consist of ropes, wires, or chains and supporting stanchions that form a barrier to warn employees they are near an unprotected roof side or edge. Warning line systems are used to mark off an area within which employees may do roofing work without using guardrails or safety nets.

Safety monitoring systems also have applications when conventional fall protection cannot be used and when no alternative measures have been implemented. However, **safety monitoring systems do not provide a physical means of preventing or arresting falls**. A competent person (See Definitions) must be available to monitor the safety of employees exposed to fall hazards in the areas defined. This safety monitor must be on the same surface as the employee(s) being monitored and have no other assigned duties that may present distractions from monitoring duties.

In the 1926 construction standard, OSHA identifies nine other methods that can be used to reduce employee exposure to fall hazards. These methods and their uses are specific to various types of work tasks and may be combined if needed. [Reference 29CFR 1926 Construction Standards for specific information] These methods include:

- Controlled access zones
- Covers
- Fall protection plans
- Barricades
- Canopies
- Equipment guards
- Fences
- Screens
- Toe boards



### 15.1.5-5 Fall Protection – General Information

When a fall hazard cannot be eliminated altogether, the employee can generally avoid falling by use of a primary system such as a working platform or the climbing structure. Fall protection is recognized as a visible, secondary system that prevents or arrests a fall if the employee makes a mistake, or if the primary protection system fails. Where a complete secondary system is infeasible, specific steps are required to limit, as far as feasible, the risk(s) to the employee.

There are five classes of fall protection. Each is based on the risk and level of knowledge required by the employee. In decreasing order of preference, the first four classes listed provide 100% fall protection. The fifth addresses situations where it has proven to be infeasible to provide a system to prevent or arrest falls.

- ☐ Hazard Elimination: In this form of fall protection, the process has usually been redesigned to eliminate (engineer out) employee exposure to a fall hazards. This is often not recognized as fall protection because the solution leaves no visible hazard or need for a secondary system to protect the employee. The best means of providing fall protection is always to eliminate the need for an employee to be exposed to a fall hazard. Work processes can be redesigned, special tools and equipment employed, or the work can be moved to a safer place. A good example of elimination of a hazard is building an exterior wall and roof trusses on the ground and then using a crane to lift them into the higher position rather than have the employee do this work at elevation.
- ☐ Traditional Fall Protection: This secondary system passively barricades employees from reaching the hazard. No special training is required to know how to work safely in the vicinity of the fall hazard. Examples of this type of fall protection are guardrails, windows, gates and chains, and various types of hole covers.
- ☐ Fall Restraint: This type of system is attached to employees to keep them from reaching the fall hazard. Workers need training to recognize hazards and to know how to correctly establish or use the system. This is a type of work restraint for employees who may be working on the tops of round structures such as tanks; or on roofs adjacent to unprotected edges or openings.
- ☐ Personal Fall Arrest Systems: This system is used to catch the employee when the possibility of a fall cannot be prevented. Employees need training to recognize the hazards, to know how to correctly set up and use the system, and how to respond (i.e., to perform a self rescue or assist a co-worker) in the event of a fall. Examples of this type of system are vertical and horizontal lifelines and body harness. Specific guidelines exist in the OSHA 1926 construction standard for required strength testing of each element of these systems.
- ☐ Fall Protection Work Procedures: These procedures are used **ONLY** when it is clearly infeasible<sup>4</sup> to provide 100% fall protection using any of the above four methods. Advanced

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<sup>4</sup> Fall protection can be termed 'infeasible' **ONLY** when the system used would create more danger than the work itself. Infeasible then means it is impossible to perform the construction work using a conventional fall protection system (i.e., guardrail system, safety net system, or personal fall arrest system) or that it is technologically impossible to use any one of these systems to provide fall protection. [Reference – 29 CFR Subpart M – 1926.500(b)]



planning and training is needed for employees to recognize the hazards and to know how to undertake the work as safely as possible. Fall Protection procedures (e.g., a Fall Protection Plan) use warning systems and special work methods. Examples where these work procedures are used are leading edge construction work and roofing activities.

Acceptable reasons for determining that the use of fall protection is infeasible can include the following, when:

- The duration of exposure to the hazard while installing a fall protection system exceeds the duration of the work
- The fall protection system unacceptably (dangerously) impedes worker mobility
- The movements of multiple workers would result in entanglement of employee connections to the system, avoidance of which would require inordinate (dangerous) diversion of the employee's attention
- The employees may not be able to escape quickly from a dangerous zone in the event of a mishap
- The anchorage points elevated above the working surface would interfere with the work
- The anchorage points below or on the working surface would not provide the required level of protection.

Unacceptable reasons always include:

- Cost
- Employee resistance to the use of fall protection procedures
- Continued use of current practices which were acceptable in the past
- Determination that insufficient time exists to implement a fall protection system

Fall protection plans are developed and evaluated on a site-by-site basis. They must be prepared by a *Qualified Person* (See **Definitions**) and provide precise details of the work procedures to be followed to make the work as safe as possible for the employees involved. The plan must be current and readily available at each of the job sites. An effective fall protection plan can protect workers from fall hazards and enhance the overall level of safety at a job site.

An important part of a fall protection plan is the requirement to describe how the alternative fall protection methods used will protect workers. Appendix A provides a suggested format for listing alternative fall protection methods.

A second example of a fall protection checklist is found in the Appendix B. [A sample Fall Protection Plan can be found in 29 CFR 1926 Subpart M - Appendix E.]<sup>5</sup>

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<sup>5</sup> Generally, the option of creating a fall protection plan is available only to employees engaged in leading edge work, pre-cast concrete construction work and in residential construction work who can demonstrate that it is infeasible or that it creates a greater hazard to use conventional fall protection systems and equipment.





### 15.1.6-6 Ladders

We tend to take ladders for granted as they seem to be indispensable tools and are used on virtually every worksite. It is important to remember that employees who fall from ladders are usually less than 10 feet above the ground. Statistics show that most of these falls involve portable ladders that move, tilt, or shift while an employee is climbing or descending or attempting to carry tools or equipment with them while climbing.

There are many different types of portable ladders, but they all receive one of four ratings, based on their maximum working load (the maximum weight they can safely support). These ratings are:

Rating	Working Load
Extra heavy duty (I-A)	300 pounds
Heavy duty (I)	250 pounds
Medium duty (II)	225 pounds
Light duty (III)	200 pounds

Most of the ladders used on agency worksites are self-supporting ladders although some jobs require the use of non-self supporting types. Ladders come in different types because employees who use them do different tasks and have different needs. Ladders are easier and safer to use when they are appropriately matched with the intended task. Still, most portable ladder accidents happen when workers do one or more of the following:

- Fail to inspect ladders regularly
- Place ladders inappropriately
- Ignore safe practices when climbing or descending.

Employees can reduce ladder fall risks by:

- Inspecting and maintaining ladders frequently
- Matching tasks to appropriate ladders
- Setting up ladders correctly
- Climbing and descending ladders properly

Employees must avoid the following activities:

- Placing a ladder in front of an unlocked, unguarded door
- Setting a ladder on boxes, table, trucks, or other moveable objects
- Working on ladders in exposed areas during severe weather conditions
- Using a portable ladder if an approved stairway could be used instead
- Sliding down the ladder
- Climbing when hands or shoes are slippery
- Using hands for carrying items
- Placing tools or materials on a ladder if they could fall off
- Using any ladder with conductive side rails near exposed, energized equipment



### 15.1.7-7 Responsibilities

Manager and supervisors are responsible to ensure that all employees are protected from fall hazards during the work day. All work sites must be evaluated to determine existing fall hazards and the means to eliminate these hazards. If certain fall hazards cannot be practically eliminated by such means as guardrails, toe boards, warning lines or barricades, then appropriate personal fall protection systems must be used and safe work practices established.

The Safety Manager is available to assist supervisors in reviewing the work environment and activities to identify potential hazards. A Risk Assessment (RA) or a Job Hazard Analysis (JHA) process is used to document the hazards associated with each type of work.

Employees are responsible to use any assigned personal fall protection gear consistently and within the scope of training received. Personal fall arrest systems must be inspected prior to each use for wear damage and other typical deterioration. This includes looking for frays or broken strands in lanyards, body harnesses and lifelines, and oxidation or distortion of any metal connection devices. To properly maintain the devices, periodic cleaning is necessary. Defective components must be removed from service. Employees are encouraged to contact the supervisor or the Safety manager if unsure of job procedures using fall protection devices or if equipment is found to be defective.

### 15.1.8-8 Procedures

The goal of this *Fall Protection Program* is to provide general guidance in identifying fall hazards, in minimizing employee exposure to those hazards, and in determining which equipment or work processes may best safeguard the employee while at work. The ultimate goal of a fall *arrest* system is to limit the fall distance. The Reference section provides additional fall protection information and web sites.

The supervisor and the employee must jointly prepare an RA or a JHA which describes the nature and severity of the hazards to which the employee is exposed and specifies the fall protection equipment (and all other personal protective equipment) required to abate the hazards. For any fall protection program to be effective, at a minimum, supervisors should:

- Ensure that all work areas including stairs and walkways are kept clean and orderly
- Select fall protection systems appropriate for specific work situations
- Use proper installation methods for safety systems
- Provide supervision and support for employees and ensure the consistent use of safe work procedures
- Train employees in the proper selection, use and maintenance of fall protection systems
- Use appropriate guarding methods for all floor and wall openings
- Post load rating limits on all floors, roofs, and storage areas
- Ensure that stairway railings and guards are installed as required



## 15.1.9-9 Training

Supervisors will plan for appropriate training to be provided for each employee who is required to wear personal fall protection gear or who is exposed to fall hazards. Following training, each employee should understand how to recognize and minimize the fall hazards in their work environment. In general, employees should be trained in the following areas, dependent upon the type of fall protection system required:

- The nature of fall hazards in the work area
- The correct procedures for erecting, maintaining, disassembling, and inspecting fall protection systems to be used
- The use and operation of controlled access zones and guardrails, personal fall arrest, safety nets, warning lines, and safety monitoring systems, controlled access zones, and any other protection to be used
- The role of each employee in the safety monitoring system when this system is in use
- The limitations on the use of any mechanical equipment during the performance of roofing work on low-slope roofs
- The correct procedures for equipment and material handling and storage and the erection of overhead protection
- The role of each employee when a fall protection plan is in effect

Employees who use or intend to use a personal fall arrest system or a positioning device system must also be trained to understand the following:

- How to properly wear the equipment
- Proper hookup and attachment methods for the equipment
- Appropriate anchoring and tie-off techniques for the work specified
- How to estimate free-fall distance<sup>6</sup>
- Inspection and storage procedures for the equipment
- Self-rescue procedures and techniques

Training must be documented. Refresher training will be provided when necessary. Additional training opportunities can be available for an employee who must perform unfamiliar job tasks or work in an unfamiliar location.

To assist supervisor with training requirements, a Power Point presentation is available on the BLM Intranet Safety Web page at <http://web.or.blm.gov/safety/training/training.htm>. This site also contains additional training aids including preparation notes for the supervisor, an informal fall protection quiz (also part of the PPT program), and a certification form to document training completion. The Safety Manager should be contacted regarding questions or concerns; or to secure the services of private training consultants when necessary.

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<sup>6</sup> Free fall means the act of falling before a personal fall arrest system begins to apply force to arrest the fall. Specific guidelines exist regarding arresting force requirements. [Reference the *Definitions Section* and *CFR 1926 Construction Standards*.]



## 15.1.10-10 Emergency Response

Fall protection systems are designed to minimize employee exposure to fall hazards and to reduce the risk of injury if they do fall. Nevertheless, it is important to establish procedures to ensure that employees who fall receive prompt emergency and medical attention. OSHA requires that any time fall protection is worn by employees, an appropriate rescue system must be in place that will provide for prompt (within 15 minutes) rescue; or, that will allow for immediate self-rescue capability.

An emergency procedure/rescue plan must be place at each work site which identified key rescue and medical personnel, equipment available for rescue, emergency communications procedures, retrieval methods, and primary first-aid requirements. This rescue plan must be prepared prior to starting work and must be outlined on the Job Hazard Analysis or Risk Assessment form. Supervisors will ensure that each employee thoroughly understands the plan and has immediate access to emergency service phone numbers.<sup>7</sup>

The following are suggested guidelines for development of emergency response procedures and plans:

Before on-site work begins, inform emergency responders of any conditions at the site that may hinder a rescue effort.

- Document rescue procedures and make certain they are posted at the worksite
- Post emergency responder phone numbers and addresses at the site
- Make the worksite with signs noting the easiest routes in and out of the site
- Ensure that responders have quick access to rescue and retrieval equipment such as lifts and ladders

If an emergency occurs:

- Call 911 or other emergency numbers in the response plan; secure the scene
- Make certain that only qualified personnel attempt a technical rescue
- Assign personnel to meet rescuers to direct them to the accident scene
- Provide comfort care and check vital signs if victim is accessible; if necessary, administer CPR and attempt to stop any bleeding

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<sup>7</sup> Any employee required to work over or near water where the possibility of drowning (following a fall) exists must wear a U.S. Coast Guard approved life jacket or buoyant work vest. A rescue plan is required.



## DEFINITIONS

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**Anchorage** – a secure point of attachment for lifelines, lanyards, or deceleration devices

**Body Harness** – straps that may be secured about the person in a manner that distributes the fall-arrest forces over at least the thighs, pelvis, waist, chest and shoulders with a means for attaching the harness to other components of a personal fall arrest system

**Competent person** – (qualified person) means one who is capable of identifying existing and predictable hazards in the work area and conditions, and who understands how to control or minimize those hazards

**Connector** – a device that is used to couple (connect) parts of a personal fall arrest system or positioning device system together

**Controlled access zone** – a work area designated and clearly marked in which certain types of work may take place without the use of conventional fall protection systems – guardrail, personal arrest or safety net – to protect the employees working in the zone

**Deceleration Device** – Any mechanism – such as rope, grab, rip-stitch lanyard, specially-woven lanyard, tearing or deforming lanyards, or automatic self-retracting lifelines/lanyards – which serves to dissipate a substantial amount of energy during a fall arrest, or other wise limits the energy imposed on an employee during fall arrest

**Deceleration Distance** – the additional vertical distance a falling person travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which a deceleration device begins to operate

**Free fall** – the act of falling before a personal fall arrest system begins to apply force to arrest the fall

**Guardrail system** – a barrier erected to prevent employees from falling to lower levels

**Lanyard** – a flexible line or rope, wire rope, or strap that generally has a connector at each end for connecting the body harness to a deceleration device lifeline, or anchorage

**Leading edge** – the edge of a floor, roof, or formwork for a floor or other walking/working surface which changes location as additional floor, roof, decking or formwork sections are placed, formed or constructed

**Opening** – a gap or void 30 inches or more high and 18 inches or more wide in a wall or partition through which employees can fall to a lower level

**Personal fall arrest system** – a system including but not limited to an anchorage, connectors, and a body harness

**Unprotected sides and edges** – any side or edge (except at entrances to points of access) of a walking/working surface (e.g., floor, roof, ramp, or runway) where there is no wall or guardrail system at least 39 inches high

**Warning line system** – a barrier erected on a roof to warn employees that they are approaching an unprotected roof side or edge and which designates an area in which roofing work may take place without the use of guardrail or safety net systems to protect employees in the area



## REFERENCES

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### **Federal OSHA**

29 CFR 1910 – General Industry Standards

Subpart D – Walking/Working Surfaces

29 CFR 1926 – Construction Standards

Subpart M – Fall Protection

Subpart L – Scaffolds

Subpart X – Stairways and Ladders

OSHA 3124 – 2003 (Revised)

Stairway and ladders: A Guide to OSHA Rules

This publication includes fall protection topics for stairways and ladders.

OSHA 3146 - 1998 (Revised)

Fall Protection in Construction – Discusses general fall protection concepts and 1926 Subpart M

### **American National Standards Institute**

ANSI A1014-1991, Standard for Construction and Demolition Operations – Requirements for Safety Belts, Harnesses, lanyards and Lifelines for Construction and Demolition Use

ANSI Z359.1-1992, Standard for Personal Arrest Systems, Subsystems and Components<sup>8</sup>

ANSI A1264.1-1995 (R2002) Standard safety Requirements for Workplace Floors and Wall Openings, Stairs and Railing Systems

ANSI A1264.2-2001 Standard for Provision of Slip Resistance on Walking/Working Surfaces

### **OR-OSHA Publications**

Portable Ladders – Types, Use and Care - #3083

Fall Protection for Roofing Work - #2824B

Fall Protection in the Construction Industry - #2824

Scaffolds - #3320

### **Websites**

OSHA Safety and Health topics: Fall Protection

<http://www.osha.gov/SLTC/fallprotection/index.html>

Oregon Occupational Safety and Health Division

[www.ororsh.org](http://www.ororsh.org)

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<sup>8</sup> ANSI is currently in the process of updating the Z359.1-1992 standard *Safety Requirements for Personal Fall Arrest Systems*, which will include new sections on fall protection training and competency. The revised standard will cover a multitude of fall protection issues from training and fall arrest systems to rescue operations, based on the need to aid workers in all elements of fall protection. The standard is scheduled to be finalized in the summer of 2004. Following this publication, the Z359 Fall Protection Committee will begin work on several new fall-related issues such as anchorage points, horizontal lifelines and rope access. The goal is to provide a comprehensive managed fall protection program which will assist in filling in the gaps for corporations; providing them with ways to implement fall protection programs and systems, not just how to use fall protection equipment. ANSI intended to request that the OSHA cite this publication in Subpart D of 29 CFR 1910, Personal Protective Equipment (PPE).



## APPENDIX 1

### Fall Protection Checklist – Example A

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Fall Hazard Checklist		
Use this checklist to identify fall hazards at the worksite. Check all boxes that apply. Check "YES" if hazards exist: Check "N/A" if not.		
HAZARD	YES	N/A
Hoist Areas		
Holes		
Formwork		
Rebar		
Runways		
Excavations		
Dangerous Equipment		
Overhand bricklaying		
Floor joists and trussing		
Floor sheathing		
Erecting Exterior Walls		
Roof Trussing and Raftering		
Roof Sheathing		
Roofing		
Wall Openings		
Falling Objects		
Other		



## Fall Protection Checklist and Training Documentation – Example B

Fall Protection Systems Checklist										
Fall Protection Systems	Training Received									
	N/A	Installation		Maintenance		Inspection		Disassembly		
Guardrail Systems										
Personal Fall Arrest Systems										
Safety Net Systems										
Controlled Access Zones										
Roof Brackets										
Covers										
Fences and Barricades										
Safety Monitoring Systems										
Name of Worker: _____ Date _____  NOTES:										

